

# Fitness Class Timetable

## Courtown Adventure & Leisure Centre

Accurate as of 26/04/2024

### Times for Friday 31 May



| Time          | Session        | Facility | Instructor |
|---------------|----------------|----------|------------|
| 09:00 - 09:45 | Aqua           | Pool     | Instructor |
| 10:00 - 10:45 | Indoor Cycling | Studio   | Instructor |